



Athletes First Winter Camp

Dec 26th-29th & Jan 2nd-5th

Join us over winter break for a 2 week athletic performance camp. The first week will focus on improving general athleticism and muscular strength, while the second week will be related to sport specific athletic development.

Dec 26th/ Jan 2nd	Times (Age)	Dec 27th/ Jan 3rd	Times (Age)	Dec 28th/ Jan 4th	Times (Age)	Dec 29th/ Jan 5th	Times (Age)
Athletic	9-11 (7-10)	Athletic	9-11 (14-18)	Athletic	9-11 (11-13)	Athletic	9-11(14-18)
Development	11-1 (11-13) 2-4 (14-18)	Development	11-1 (11-13) 2-4 (7-10)	Development	11-1 (7-10) 2-4 (14-18)	Development	11-1 (7-10) 2-4 (11-13)
Football	9-11 (7-10)	Baseball	9-11(14-18)	Basketball	9-11(11-13)		9-11(14-18)
Volleyball	11-1 (11-13) 2-4 (14-18)	Softball	11-1 (11-13) 2-4 (7-10)	Soccer	11-1 (7-10) 2-4 (14-18)	Track	11-1 (7-10) 2-4 (11-13)

(707) 839-2582

2197 Central Ave, McKinleyville

Days	Member	Non Member
1-2 Days	\$12 per hour	\$14.50 per hour
3 Days	\$11 per hour	\$13.50 per hour
4 Days	\$10 per hour	\$12.50 per hour